



NEWSLETTER

NOVEMBER 2021



The Glenn Family Foundation was founded on the premise that we all have a responsibility to seek ways to enhance our community. As a 501 c 3 organization, our work is enabled, in part, from contributions received. And we are thankful for our partners who so graciously contribute to our efforts. **GIVING TUESDAY** is a perfect opportunity for you to join us in our mission.



GIVING TUESDAY is a movement to create an international day of charitable giving. Every act of generosity counts, and everyone has something to give. You can make a difference this Giving Tuesday by donating to the Glenn Family Foundation to continue to make an impact in Mississippi and beyond. Your donation of \$25 can help provide children and families with healthy food, resources to combat Adverse Childhood Experiences and improve wellness.

Please consider including the Glenn Family Foundation in your generosity this year.

Support #GFFMS – Donate – Welcome ([glennfamilyfoundationms.org](https://www.glennfamilyfoundationms.org))

Thankful

The last few weeks have been very busy.

We are thankful for all of the activities that have been successfully carried out.

The I-HEAL Parent Network

The I-HEAL Parent Network meets monthly to provide encouragement and support, as well as tools and tips for effective parenting.

Dr. Denisa Strong was the guest speaker for the October 27 meeting. She shared her powerful testimony, the journey of battling breast cancer in the midst of the COVID-19 pandemic. She is a testament to faith, resilience, and how an individual can win against all odds.

Like the I-HEAL Parent Network on Facebook at <https://www.facebook.com/IHEALCommunityNetwork/>



Breast Cancer Awareness

Every two minutes a woman in the United States is diagnosed with breast cancer. October is breast cancer awareness month where there are many efforts specifically targeted to raise awareness and reduce the stigma of breast cancer through education on symptoms and treatment.

Pink ribbons, and the color pink in general, are used to express moral support for women with breast cancer. **Monthly self-checks and annual mammograms are important for early detection and a successful outcome.**



Annual Health, Wellness and Safety Tailgate

On Friday, October 22, 2021, the Seventh Annual Glenn Family Foundation Health, Wellness and Safety Tailgate was held at the Cleveland Central Middle School.

Approximately 500 participants received fresh fruits and vegetables, flu shots, COVID testing and vaccinations, blood pressure checks and other health assessments, along with helpful information on available community resources.

Click here <https://youtu.be/FayaHRck0Y8> to watch highlights from the Tailgate.



Inverness Elementary School Partnership

The Glenn Family Foundation has partnered with the Inverness Elementary School. In addition to providing leadership training for staff, students receive tangible items. On Tuesday, October 12, backpacks, which included composition books, journals and Fitbits were distributed to each student. They also received personal care and dental kits.



Healthy Eating for Better Living

Healthy eating is one way to strive for better living. "Foil dinner" is an easy way to have a quick, and healthy, one dish meal at the end of a full and busy day. By baking in foil, cleanup is a cinch.

- 1 lb raw meat (ground beef, chicken, or steak)
- 3 C of vegetables, fresh or frozen (potatoes, carrots, peas, broccoli)
- ¼ C Worcestershire sauce
- 1 C barbecue sauce
- 2 T olive oil
- Salt and pepper to taste

Preheat oven to 400 degrees. Lay out four sheets of aluminum foil. Place meat on foil. Pour Worcestershire sauce, half of the barbecue sauce, salt and pepper over the meat. Add vegetables on top of meat and drizzle olive oil and remaining barbecue sauce over vegetables. Fold over the foil to form a secure packet. Place in a pan to make sure there are no spills in oven. Bake for 45 minutes, eat, and enjoy.

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<https://glennfamilyfoundationms.org/donate/>